

# Astro News

## Star of wonder...



Photo by Airman 1st Class Angela Steinhauer

Alex Braswell, son of Capt. Kristine Braswell, 61st Air Base Group Services deputy commander, marvels at an ornament during a holiday decorating party at the community center Dec. 1.

## NASA, Air Force launch MightySat I

**Ronea Alger**  
Public Affairs Office

Meeting mission requirements and reducing launch cost was the outcome of a joint Air Force and NASA operation when the Space Shuttle Endeavour, STS-88, lifted off the launch pad from the Kennedy Space Center, Fla., Dec. 4.

The space shuttle carried the most recent Air Force Research Laboratory, Kirtland Air Force Base, N.M., satellite experiment called MightySat I. MightySat I is a multi-mission, small-satellite program dedicated to providing frequent, on-orbit demonstrations of high-payoff space system technologies. MightySat I platforms provide the on-orbit "lab bench" for testing emerging technologies to ensure their readiness for operational Air Force missions.

The 135-pound MightySat I is a low-cost satellite about the size of a tabletop television evaluating five new space technologies on a one-year mission in space, said 1st Lt. Barbara Braun of AFRL's Space Vehicles Directorate.

One of the experiments involves the durability of the first composite satellite bus, or chassis, to be launched from the shuttle. The bus is strong and weighs 17 pounds compared to the 32-pound aluminum counterpart typically used. "Less weight means lower launch costs," said Braun. "That's always an important con-

sideration in our business — that spends tens of thousands of dollars for every pound out into orbit."

MightySat I is also testing advanced dual-junction solar cells that provide 18 to 21 percent more power than today's state-of-the-art materials and designs. Other on-board experiments include smaller, more radiation-tolerant electronic components and microparticle impact detectors. Another experiment onboard is a shape-memory-actuated release device that will help engineers prepare for the coming generation of "kinder, gentler" payload release mechanisms that will impart much less physical shock to sensitive payloads than current explosive charges.

Due to orbit and financial requirements, the AFRL was having a difficult time finding an affordable launch vehicle for their small satellite when SMC's Test and Evaluation Directorate Space Test Program office (a separately funded DOD program designed to assist DOD organizations needing to do research in space) approached them with a solution.

"We had been following the progress of the MightySat I and knew they were having trouble finding a ride, that's when we knew we could help," said Maj. Gus

**MightySat I continued on  
Page 3**

## AFMC shares strategic plans

**Leigh Anne Redovian**  
Air Force Materiel Command Public Affairs Office

Air Force Materiel Command is seeing progress in its effort to manage the cost of equipping the Air Force's combat units, command officials said.

In an effort to pursue its goal of becoming a lighter and leaner force, the command presented cost-cutting strategies at the Center for Naval Analysis Corporation's annual conference in Washington, D.C., Dec. 1. The corporation is a federally funded research and development center sponsored by the Department of the Navy and the Institute for Public Research.

Each year the corporation takes on an issue of im-

portance to U.S. national security. This year's theme was reducing costs and improving business practices. While the conference relied mainly on expertise from the Defense Department, it was open to senior industry and government officials. Lt. Gen. Stewart Cranston, AFMC vice commander, addressed the group on behalf of the Air Force and spelled out AFMC's plan for reducing its acquisition and operating costs.

"The defense materiel business is a tough, intricate and demanding business that doesn't yield to simple solutions or pat answers," he said. "You have to deal in hard facts and complex details if you want to make

**Strategies continued on Page 4**



### Congratulations!!

Maj. Gen. Eugene L. Tattini, Space and Missile Systems Center commander, has been nominated by the President of the United States for promotion to lieutenant general.



Col. James B. Armor, SMC Global Positioning Systems Program director, has been nominated by the President of the United States for promotion to brigadier general.

Both promotions are pending Senate approval.

# Holiday greetings from our senior leaders

To all of you,

I would like to take this opportunity to join my wife, Jene, in wishing you all, the men and women of the Space and Missile Systems Center, a very merry Christmas and a happy New Year. Also, as we approach the end of 1998, I would like to thank you for all of your contributions to our mission this year.

I hope each of you is able to spend time with your loved ones this holiday season because the holidays are a time to enjoy your family and friends. It is a time to set aside the stress and strife of everyday life to share faith, food, gifts and quality time with your loved ones.

The holidays are also an opportunity to remember those military members who are deployed around the world and unable to be home for Christmas. Thousands of our brothers and sisters in arms are forward deployed in places like Saudi Arabia, Bosnia and Korea.

If you know someone who is deployed, I encourage you to send them care packages, e-mail them, or call them — let them know you appreciate their sacrifice. If your circumstances allow, invite geographically separated family members or single service members to your house for a holiday meal. Remember, we are all part of the Air Force family.

Unfortunately, the holidays are also traditionally one of the year’s peak times for accidents. This is true for a variety of reasons, from drinking and driving to wet and icy roads.

Even without drunk drivers on the road, winter driving is naturally more hazardous. As you travel back and forth on vacation this month, please drive safely. Slow down while driving, increase your following distance and stay alert.

With a little care and precaution, I hope to see all of you healthy and rested in January, 1999. Enjoy the holidays,

*Eugene L. Tattini*  
SMC commander

To the AFMC family,

As we approach this holiday season, Louise and I wish to share our appreciation for the hard work and dedication the men and women of Air Force Materiel Command have demonstrated throughout the past year.

Our second holiday season as part of the AFMC family is even more rewarding for us, as we have come to know more of you through our various center visits. As you well know, this year has been no exception to the challenges and rewards that come with our business of supporting Air Force combat units.

Everyone in this command will help to shape the role of the Air Force in the 21st century. We are committed to becoming more of an expeditionary force, and with the command strategic plan as our roadmap, we will do our part to make this force a successful reality. Every center, every business area and every member will be called on to help make our forces lighter and more lethal and our equipment more reliable. We owe this to our Air Force and to the American people.

As we look to 1999 and to planning for the new century, let us find time to enjoy the holiday season before us with those who matter most. I encourage you to take some time away from work to spend with your family and friends and to re-vitalize yourself for the tasks ahead. I also would ask that you take a minute to think of those members of the AFMC family who are deployed around the globe this holiday season. Whether serving in the bitter cold of Eastern Europe or the sands of the Middle East, they are never far from our thoughts.

Louise joins me in wishing you the most joyous of holiday seasons and continued personal and professional success in the coming new year.

*Gen. George T. and Louise Babbitt*  
Commander, Air Force Materiel Command

To all military families,

As we enter this joyous season and approach the end of 1998, it is fitting that we pause to reflect on our accomplishments.

For another year, we have maintained security in an unstable world. In operations at home and abroad, you have defended America’s vital interests, transformed chaos into calm and provided shelter, food and care for thousands in need. Most important, by your very presence, you brought hope to those who had known only despair. These are not only great military achievements, they are great humanitarian accomplishments for which the entire nation can be proud. Now, as we gather to enjoy the holidays, let us rejoice in the freedoms which your sacrifice, dedication and determination have made possible.

But let us not forget those who are not here. Our thoughts, gratitude and prayers are with you. May the spirit and peace of this holiday season be with you all and may God grant you health and happiness. Happy Holidays!

*William S. Cohen*  
Secretary of Defense

To the Air Force family,

As we gather this holiday season and reflect on the blessings we all enjoy, let us pause to acknowledge the selfless service of the men and women of our Air Force. Today more than 90,000 airmen are stationed or deployed overseas defending our nation’s freedom and security.

Now more than any other time of the year, our thoughts and prayers are with our Air Force families, who are so often separated from their loved ones.

To all the men and women of our great Air Force, and those who have served before, thank you for your dedication and commitment. May you have a safe and joyous holiday season.

Happy Holidays  
*Gen. and Mrs. Mike Ryan*  
Chief of Staff of the U.S. Air Force

## Astro News

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# Los Angeles AFB donates computers

**2nd Lt. Michele O'Brien and  
Staff Sgt. Jeff Capenos**  
Public Affairs Office

The men and women of Los Angeles Air Force Base increased the educational opportunities of local students Tuesday by contributing 362 excess computers to Project INSPIRE, also known as Integrating Narbonne/San Pedro's Instructional Resources Electronically.

Project INSPIRE is a community-centered education network that will be used by 24,000 students, including children from approximately 550 Los Angeles AFB families, at 27 schools in the Narbonne/San Pedro Cluster of the Los Angeles Unified School District.

The San Pedro Peninsula Chamber of Commerce and the Narbonne/San Pedro Cluster recognized Los Angeles Air Force Base for its contributions of the excess computers systems at a ceremony held Tuesday at Barton Hill Elementary School, San Pedro, Calif.

Dr. Joseph Scollo, administrator of the San Pedro/Narbonne Cluster, explained how Los Angeles AFB's generosity will benefit the children and increase their educational opportunities.

"With the donation of these computers, we will be able to broaden the opportunities for integrating technology into the curriculum," Scollo said. "More students will be able to access information through the Internet, engage in collaborative activities, conduct research and participate in interactive instructional activities between the local schools and the world."

Maj. Gen. Eugene L. Tattini, Space and Missile Systems Center commander, was recognized, on behalf of Los Angeles AFB, by various local, state and federal government officials. Tattini said participation in local schools is one of Los Angeles AFB's top civic priorities.

"We all have an obligation to do more," Tattini said. "I challenge local industry and small businesses to take an active part in fostering the education of area youth. Adopt a school, install computers, provide tutors, and contribute money to the INSPIRE Foundation."

The first 30 computers were installed at Barton Hill Elementary School, San Pedro's largest school. "The remaining computers will be distributed to the schools in the San Pedro/Narbonne Cluster once a cable is installed and space is made available," said John Lenhardt, Executive Director of Project INSPIRE. "We are looking at having White Point operational in February and Point Fermin up and running by late spring."

Barton Hill's principal, Peter Riddall, was enthused about his students being able to go on-line. "Most of our children do not have a computer at home. It is exciting to be able to provide them with the necessary skills to propel them into the 21st century."

At the end of the ceremony, the general took a tour of the school's computer laboratory to get a first-hand look at the benefits of the donated computers.

"These computers are really neat," said Andy Armijo, a third-grader who was busy writing a thank you letter to the general for the base's contributions.

## Helping out ...



Photo by Col. Richard MCKinney

Students and volunteers help load food supplies into the back of a truck shortly after a flood, caused by Hurricane Mitch, which destroyed part of their town. The photo was taken by Col. Richard McKinney, Evolved Expendable Launch Vehicle System Program director, who was on leave visiting his wife at the Honduran Embassy. Watch the *Astro News* for an upcoming story about McKinney's efforts to help flood victims.

## MightySat I continued from Page 1

Hernandez, MightySat I mission manager, Space Test Program office. "We talked to the AFRL program manager and told them we had a solution that both met their mission requirements and was a much lower cost solution to place the MightySat in orbit."

Beginning two years ago, the STP looked for a launch for the MightySat I onboard the space shuttle.

"This was the best mission in terms of schedule and orbit needs," said Hernandez. "Unfortunately this mission was also the first Space Shuttle mission to the international space station, and we knew it would be tough to secure the space we needed in the cargo bay. After long discussions with NASA, we were able to secure this mission for the MightySat I."

Also supporting the mission is the SMC's Space Test Evaluation Division, Kirtland AFB, N.M., which is conducting space operations for the AFRL from the

Research, Development, Test and Evaluation Support Center, Kirtland AFB, N.M. They acquired the Mighty Sat I shortly after its release from the shuttle and began to track the orbital progress of the MightySat I.

"We are responsible for the on-orbit care and feeding of the Air Force family of research satellites, and MightySat I is our most recent addition," said 1st Lt. Valerie Malley, Space Operations Engineer.

"Using computer software, we 'fly' the satellite from our ground control station here and one in Virginia run by the Orbital Sciences Corporation," explained Mallery, who is part of a joint Air Force and civilian contractor team charting the satellite's progress.

Malley and her peers will monitor MightySat I's health as it circles the earth and will record the status of its five experiments. Her team will receive telemetry, capture moment-by-moment data and inform AFRL scientists responsible for the on-board experiments of how well subsystems are performing.

## News Briefs

### One stop shopping for acquisition reform

The Oklahoma City Air Logistics Center's Acquisition Reform Web site provides one-stop shopping for those wanting to learn more about acquisition reform.

The site, [www.tinker-contracting.com/AcqReform/RFPSO.htm](http://www.tinker-contracting.com/AcqReform/RFPSO.htm), offers an array of acquisition topics. (Courtesy Air Force Materiel Command News Service).

### NORAD's Santa Site

North American Aerospace Defense Command has set up a Santa web site in five languages (English, French, Italian, Japanese and Spanish). It contains interesting information including Santa secrets.

The site is created and maintained free by government organizations working with NORAD.

The official NORAD Tracks Santa Claus Web Site is at [www.noradsanta.org](http://www.noradsanta.org). (Courtesy of Department of Defense News)

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## Strategies continued from Page 1

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real headway — you have to study and understand the business and make hard-nosed, objective business decisions.”

Over the past few years, the command has achieved a number of good results from various initiatives including eliminating unneeded activities and outsourcing some functions. The consolidation of the previous Air Force Systems Command and Air Force Logistics Command into a single materiel command has reduced manning by a third and will save 44 percent of the command’s previous manpower by 2005.

But today the command is faced with new challenges in reducing costs, as it has already absorbed most of the obvious savings and deleted most of its marginal operations.

“We believe what senior leadership must now do is to put in place a systematic approach that will enable us to understand in great detail exactly where our costs are and how they relate or contribute to our complex operation,” Cranston said. “This approach will encourage cost-based management on a broad front.”

This business paradigm stems from the system of budget planning developed by the city of Sunnyvale, Calif., for its government starting in 1973.

The Sunnyvale approach starts with a strategic plan, sets annual performance objectives for every program, applies unit cost parameters to develop its budgets and gives managers the incentive to perform to or better than their plans.

“We’ve divided our complex, \$36 billion-a-year operation into eight business areas and have established

more than 100 major command-level performance measures ranging anywhere from defect rates on aircraft undergoing depot overhaul, to the availability of our computer network services to amenities in our lodging facilities,” Cranston said. “Each of our operating locations has further expanded and tailored these performance measures to their operations.”

Cranston highlighted Arnold Engineering Development Center, Tenn., as having made significant progress in its business planning efforts. The center identified 198 individual performance standards for its test and evaluation business and 249 for base support activities. The center is largely a contractor-operated facility operating under an award-fee arrangement. Therefore, the contractors’ total profits depend on how well they meet these detailed performance objectives.

But performance outputs are only half of the equation. The other half is knowing what it should cost — and what it actually does cost — to reach each objective. This is defined in terms of unit cost, or the relationship between outputs and the resources needed to produce those outputs.

“Knowing our unit costs requires that we have complete understanding of what it takes to produce each output,” he said. “This is not easy for a typical government agency to achieve, because we normally develop budgets with marginal changes from the previous year as opposed to a unit-by-unit build-up.”

The command is using tools such as Dr. Michael Porter’s value chain model to better understand its outputs and activity-based costing to determine what it costs to produce each output.

Fiscal 1998 was a first attempt at applying the busi-

ness paradigm across the entire command. The general said the challenge was capturing and allocating costs across all eight business areas.

“We were able to achieve approximately 75 percent of our initial performance objectives and came within two percent of our total planned operating expenses,” he said. “We can pull apart that total figure on an output-by-output basis and compare our planned performance to our actual performance for each of our products. This allows us to compare like operations at different locations and study why one is cheaper.”

Even in the early stages, the approach enabled the command to identify significant, cost-reduction opportunities as it built its budget through 2005.

“While our planning factors were rough, we determined we could get our mission done at about 98 percent of the previous estimate,” he said. “In other words, we couldn’t link about two percent of our previous plan to any output, so we dropped it.”

This meant the command could accommodate more than \$1 billion through fiscal 2005 in previously directed reductions and offer \$200 million more in direct budget authority savings. It also highlighted opportunities for the command to improve its industrial operations and to cut working capital fund rates by reducing unit costs by seven percent — saving another \$2.2 billion through fiscal 2005.

“As the operating managers and the work force begin to focus on real data showing the cost-versus-output relationship, they will simply find ways, dozens, hundreds of ways, to trim costs and increase output,” he said. “That’s just the way good people are, and we have a lot of good people in government service.”



# Eye clinic re-opens with new doctor

Airman 1st Class Chris McGiveney  
Public Affairs Office

The new optometrist at the base clinic is providing members and their families a new outlook on life.

Dr. (Capt.) Clinton R. Anderson, 61st Medical Squadron Optometry Clinic's, arrived here Sept. 28 from Moody Air Force Base, Ga., where he was the chief of optometry for two-and-a-half years.

Anderson and his optometry clinic staff provide routine eye exams, glaucoma tests and can treat some eye injuries and urgent cases needing attention for TRICARE Prime members, active-duty family members and retirees on a space available basis.

"This clinic is wonderful," said Lt. Col. John R. Woodcock, Defense Contract Management District West's deputy chief of staff, after a routine eye exam with Anderson. "He's a true professional. He answered all my questions in detail and was very conscientious."

Anderson recommends everyone get a routine eye exam at least once every 12 to 18 months.

Even people who are not experiencing any kind of vision problem should get their eyes checked, just to make sure their vision is functioning properly and their eyes are in good health, Anderson said.

The doctor can also update prescriptions for contact lenses or supply military members with glasses.

The clinic hours are weekdays from 7 a.m. to 4 p.m. For more information, call the clinic at 363-2485.



Photo by Airman 1st Class Chris McGiveney

**Dr. (Capt.) Clinton Anderson, 61st Optometry Clinic chief, uses a phoropter to see if Lt. Col. John Woodcock, Defense Contract Management District West's deputy chief of staff, may need glasses during a routine eye exam at the clinic.**

# Luncheon to highlights Martin L. King holiday

A buffet-style luncheon honoring Dr. Martin Luther King Jr. is Jan. 14 at The Club. The Honorable Helen T. McCoy, assistant secretary of the Army for Financial Management and Comptroller, is the guest speaker.

Ticket prices are \$10 and attendees are expected to be in their seats by 11 a.m.

"This is a great opportunity for all of us to come together and support this event," said Maj. Gen. Eugene L. Tattini, Space and Missile Systems Center commander. "This year's theme, 'Remember! Celebrate! Act! A Day On, Not A Day Off!', should inspire us to look deep within ourselves and reflect on the values Dr. King's legacy encourages us to strive for."

Tattini said the luncheon and program recognize the crucial role Dr. King played in this nation's history. Tattini encourages everyone to attend.

McCoy is the principal advisor to the Secretary of the Army for all comptroller functions and financial management activities. The Albany, Ga., native has served in various governmental positions since beginning her career as a mathematician with the U.S. Navy.

The official Martin Luther King Jr. holiday will be celebrated nationwide Jan. 18.



McCoy

Senior Leader Corner

Brig. Gen. Craig R. Cooning

Brigadier Gen. Cooning is the Space and Missile Systems Center’s MilSatCom Joint Program Office Program director.

**Hometown:** I’m an Air Force brat, but I was born in Orlando, Florida.

**Time in service:** 25 years

**Last assignment:** Director of Contracting, Air Force Materiel Command, Wright-Patterson Air Force Base, Ohio

**Why did you join the Air Force?** Growing up in an Air Force family showed me that the Air Force was a great way of life.

**What is your leadership philosophy/style?**

Surround yourself with great folks with a positive attitude – give them broad guidelines and let them do their jobs

**What advice do you have for first-term airman and lieutenants?**

Have a great attitude for your work – volunteer for jobs others shy away from.



Official photo

Leading L.A.

Tech. Sgt. Kathleen E. Towns

Technical Sgt. Kathleen E. Towns is the 61st Medical Squadron’s non-commissioned officer in charge of medical administration. Towns’ duties for the base clinic include oversight for civilian personnel actions and reserve personnel assigned to the clinic. In addition, she provides administrative assistance to various sections within the clinic when needed and collects and reports statistical data for the office of Quality Process Instruction. She is an avid volunteer in numerous activities in the community including the Special Olympics, Project USA and various squadron activities. A goal for this Los Angeles native is to make master sergeant in 1999.



Photo by Staff Sgt. Bill Gomez



## Grinding it on down...



Photo by Airman 1st Class Chris McGivney

William W. Smith, a Paragon Construction Company carpenter grinds the bottom of a door so carpeting can be placed in the Los Angeles Air Force Base Clinic (Building 200). Paragon has been remodeling the base clinic as well as doing other repair work around base.

## Developmental planning celebrates 30 years

Virginia Callanan

Developmental Planning Office

The Space and Missile System Center's Developmental Planning Office celebrated more than 30 years of space planning with all of its past and its present directors here Nov. 12.

"Planners look to the future to imagine what could be, see what might be and see things that may never be....," said Brig. Gen. Howard Mitchell, National Security Space Architect director in Alexandria, Va., and former director of SMC/XR from 1994 to 1995.

As the SMC's developmental planners, XR has influenced decisions on future systems used for the control and exploitation of air and space.

Since its inception in 1967, XR planners have analyzed and worked on such projects and programs as the Navstar Global Positioning System Program; Evolved Expendable Launch Vehicle program; Space Shuttle Program; Space Based Laser program; and the Space Defense Initiative.

"We need to identify and communicate our historical achievements to the organization. I want to provide an organizational pride for our people," said Col. Robert S. Cox, SMC Developmental Planning's director.

The Director's Action Group, led by Cox, researched for six months in areas of space systems and technology advancement by XR planners at the base history office and over the Internet.

The keynote speaker for the event was Lt. Gen. Roger G. DeKok, Deputy Chief of Staff for Plans and Programs and previous SMC commander, who talked about the future of space planning.

The space planning function is critical to the future of our armed forces and national security, DeKok said.

DeKok gave his vision of what a 10-to 20-year-end state for space might include:

- Marked increase of the science and technology investment
- Advancement with communication and integration with the commercial aerospace sector
- Ability to use information bandwidths on demand
- Increased use of imagery from commercial satellites
- Shorter cycle times from idea conception to final production
- Doing away with some of the core capabilities, mostly in launch
- Tighter integration of systems leading to a true aerospace force
- Major shift to the movement of information rather than people
- Global awareness will become a core competency

Following DeKok's remarks, the prior directors took their turn at the podium and presented the audience with a highlight of the past and a charge for the future.

It is important for XR to have relevance and credibility within the center. XR's challenge is always to recruit qualified people to make XR viable across all mission areas to get the job done, said Brig. Gen. Richard W. Davis, Deputy for Theater Air and Missile Defense, Ballistic Missile Defense Organization, Department of Defense, Washington, D. C., and XR's director from 1991 to 1993.

If we do not invest an adequate amount of energy to anticipating the future of space, we may not be able to maintain our lead in its future, Davis said.

# Ramadan: a time of fasting

Chaplain (Maj.) Mark E. Karle  
Chaplain Services Division Office

Beginning Sunday, and lasting a period of 30 days, Muslims throughout the world will fast during the Islamic month of Ramadan.

Fasting, or Saum, is the fourth of the five pillars of Islam. Ramadan marks the month in which the Koran, the Islamic holy book, was revealed to the prophet Muhammad. For Muslims, it is one of the most solemn seasons.

During this period, Muslims abstain from food, drink, smoking and sensual pleasures from dawn until dark. In the evening it is permitted to eat and enjoy marital relations, and before dawn a meal may be eaten to provide sufficient strength for the coming day's activities. Children, the ill, the aged and certain other classes are excused from the fast, but most consider it an honor to follow their holy obligations.

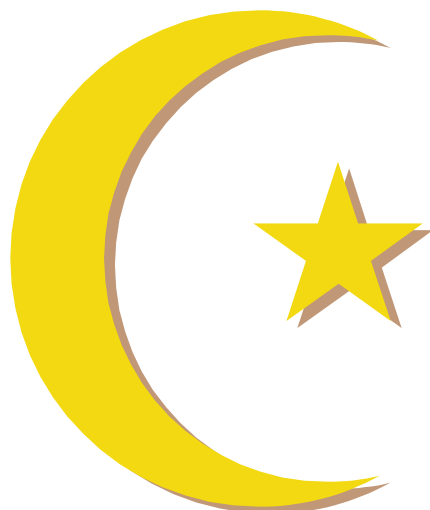
Throughout Ramadan, Muslims try to improve their spiritual and ethical lives. Evenings are spent in special prayer gatherings in mosques, where cycles of pious

exercises are recited. There is congregational recitation of the Koran. Some people observe a retreat during the last ten days by residing in the mosque.

Ramadan is a time of sober reflection and, depending on the season and region of the world, can be a difficult discipline. One of the major benefits is a shared feeling of common humanity, with differences of rank, status, wealth and other circumstances that distinguish people from each other minimized. It is not a sad or anxiety-ridden period since evenings are usually joyful occasions where people strive to be at their best at all times.

At the close of Ramadan comes one of the two canonical festivals of the Muslim year, the "Feast of the Fast-Breaking," when Muslims send greeting cards to each other, enjoy special food, and travel to be with family, similar to Western holiday traditions. Since Islam follows a lunar

calendar, with rotating festivals, and Ramadan falls this year in conjunction with the western holiday season, please wish your Muslim neighbor a peaceful and spiritually renewing Ramadan.



# Holiday season brings new family closer

**Airman 1st Class Chris McGiveney  
and 2nd Lt. Michele O’Brien**  
Public Affairs Office

Coming to America holds a special meaning for one of the Pacific Crest’s families this holiday season.

Elena Zhukova, a 16-year old Russian exchange student from Petropavlovsk, Russia, is enjoying an America-style holiday season with the Ignatieff family this year.

Elena’s host family, Army National Guard Maj. Dimitri Ignatieff, of the ANG Headquarters 40th Infantry Division Artillery in Santa Monica, Calif., and his wife, Debbie, asked her to teach their daughter, Natalia, how to speak Russian.

Elena volunteered to be an exchange student and was selected because of her English speaking skills. During the first two weeks of her time here, Elena taught Natalia how to say, “Hello Papa. I missed you and I love you,” Debbie said.

Tutoring is one of many challenges Elena faces during her stay here. Besides missing her family, she is also a junior at San Pedro High School, San Pedro, Calif., and is studying American history and literature, health, computers and speech.

“I like school, but I can’t say I like to study though,” Elena said. “This is the first time I have a hard time understanding teachers and doing my



Photo by Airman 1st Class Chris McGiveney

**Army National Guard Maj. Dimitri Ignatieff, ANG Headquarters of the 40th Infantry Division Artillery, Santa Monica, Calif., takes time to help Elena Zhukova, a Russian foreign exchange student, with understanding chapters of Tom Sawyer.**

homework. But it is getting easier.”

Her studies are getting easier, because Dimitri, who also speaks Russian, helps Elena translate.

Although she is far away from home, Elena writes letters to her family telling them everything that is happening in her life here and talks to them each week.

“The first time that I called, I wanted to go home,” Elena said. “Because I didn’t understand anything.”

Elena and her host family have adjusted to the exchange program and now share America’s culture, including holiday traditions.

“I appreciate the attitude of my American parents,” she said. “I’m lucky to have a family like this.”



# Astro 'Turf'

## Making New Year's resolutions for the new you

**1st Lt. John Napier**  
Public Affairs Office

My New Year's resolution for 1999: Lay off the peanut butter, mayonnaise and banana sandwiches and get my "happy new rear" into the El Segundo Fitness Center.

Fitness experts predict most Americans will gain five to seven pounds through the holiday season because of the excessive eating and partying. I fall under "most Americans" because I've already gained a few pounds. I'm not sure how many, but I know my lime green leisure suit sure is tight around the waist!

This is going to be my third holiday season at Los Angeles Air Force Base, and I've been to the fitness center here enough times to know that immediately following New Year's day, the gym will be busier than a toy store during a Furby sale. I presume that is because of the proverbial New Year's resolutions people make around this time of year.

Before you make the resolution to get in shape by working out at the fitness center, it's a good idea to research what you're doing to avoid a serious injury. I say this because I've seen some pretty dangerous

weight-lifting techniques in the fitness center. Some people put the "dumb" in dumbbell with some of the techniques they perform without the knowledge of how to correctly perform them.

Listen, I'm no fitness expert. I'm not going to win any Miss Fitness America contests. (Uh, that didn't come out right.) When I first started going to the gym, I didn't know my gluteus maximus from a hole in the ground. However, I've researched enough to know what and what not to do. So far, I've avoided serious injury and have been pleased with the results.

For those first timers, don't be intimidated by the grunting and groaning of what appears to be the Arnold Schwarzenegger wannabes. Getting fit does not mean lifting as much weight as possible and then staring at yourself in the mirror. Chances are those people have been training for years. My suggestion is to ask these folks the proper technique — of course, wait until they are done because you may get in the way of the mirror.

A better idea is to ask the fitness center staff. They are there to help you, and they know the basics to help you avoid an injury. They will be able to tell you the best workout program for what you want to accomplish.

I've also seen people whose weight-lifting technique is perfect. Their backs are always positioned correctly, they are getting the correct amount of resistance and they are breathing properly. Yet, when they are done lifting, they do all the wrong things when they put the weights back on the rack. The most common infraction is not bending at the knees. Proper technique should apply whenever moving a significant amount of weight, even when not doing a specific movement.

Before I wrap this up, I'd like to say something about what kind of clothing to wear while working out. For the guys: I'm not sure who started this trend, but I'm pretty sure those tight bicycle shorts are not the best thing to wear while at the gym. I don't want to go into all the reasons. In fact, I won't even hint why they shouldn't be worn. I think it is obvious when you see them. Anyhow, for all, make sure you wear comfortable clothes, preferably breathable cotton.

So for those of you who have your weaknesses like I do for peanut butter, mayonnaise and banana sandwiches — say goodbye to that vice and say hello to the fitness center and to your happy new rear!

## To exercise or not to exercise

**Staff Sgt. Alonzo M. Jones**  
Health and Wellness Center

Some Air Force members may look at exercise as a way to lose weight or get in shape.

But regular physical activity helps us in many ways. According to the American Institute for Cancer Research, a new research report named "Food, Nutrition and Prevention of Cancer," makes an argument for daily exercise. The report says, from clearing our minds and arteries to fighting off cancer, exercise promotes good health.

The report recommends one hour of moderate activity which could include walking, jogging, running, biking and swimming. All these together with consistency in frequency — at least three days a week; duration — at least 30 minutes; and intensity — in your target heart range will make for a better cycle ergometry test. Still not convinced ... well:

■ Regular physical activity reduces

the risk of developing colon cancer and may also help prevent breast and lung cancers.

■ AICR's Report recommends gaining no more than 11 pounds during adulthood. Regular aerobic exercise will reduce those "love-handles" due to excess fat.



■ Aerobic exercise helps reduce the risk for heart disease by increasing high density lipoprotein levels (good cholesterol) and lowering triglyceride levels (bad cholesterol)

■ Physical activity can prevent and lower high blood pressure

■ Regular activity can keep you well, by bolstering the immune system.

■ Exercise lowers the risk of acquiring diabetes.

■ Resistance training can help prevent osteoporosis, while couch "potatoing" promotes bone loss.

Remember: don't concern yourself so much with the activity that you don't have fun in the process. The image of a body that does not exercise is an unhealthy reflection.

## Air Force adds strength and flexibility tests to fitness test

**Senior Master Sgt. Anita Bailey**  
Air Force Surgeon General  
Public Affairs

BOLLING AIR FORCE BASE, WASHINGTON (AFPN) — Eight Air Force bases worldwide have volunteered to serve as test sites in 1999 as the Air Force prepares to add muscular fitness and flexibility tests to its annual physical fitness exam.

Names of the test bases will be announced in January.

"There are five major components to physical fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition," said Maj. Jayne Stetto, chief of health promotion, Air Force Medical Operations Agency. "Currently, the Air Force assesses cardiorespiratory fitness via the cycle ergometry test and body composition via the tape measure, when a member exceeds maxi-

mum allowable weight standards. The Air Force plans to add specific measures of muscular fitness and flexibility for all Air Force members in January 2000."

Members at the test bases will do push-ups, sit-ups and the sit-and-reach flexibility test in conjunction with their annual cycle ergometry testing.

"The purpose of the test phase is to gather and evaluate fitness data. We will ask members to do as many sit-ups and push-ups as they can in a specified time period," said Stetto. There will be no passing standard during the test phase.

The data will be used by the Force Enhancement and Fitness Division of the School of Aerospace Medicine and the Air Force Fitness Program Office at Brooks Air Force Base, Texas, to both evaluate the tests and further define standards used when the expanded testing program is implemented in January 2000.

"The goal of the Air Force Fitness Program is to motivate all members to participate in a year-round physical conditioning program, emphasizing fitness," Stetto said. "The addition of these aspects — muscular fitness, including both strength and endurance, and flexibility — will enhance the program and ensure our people are even more healthy and ready to deploy."

# Clinic announces, warns of Hepatitis C virus alert

**Master Sgt. Robin Williams**  
61st Medical Squadron  
Public Health Office

The 61st Medical Squadron Public Health Office is asking all active-duty and family members who received blood transfusions prior to 1992 to come in for Hepatitis C virus test.

The Air Force is on the alert for a relatively new epidemic in this country caused by the Hepatitis C virus. Prior to 1992, before a reliable blood test to detect the virus was invented, tainted blood transfusions were responsible for the transmission of up to 20 percent of all cases.

To help battle this disease, the Air Force is conducting a search to include follow-up and counseling of patients who may have been exposed to HCV through Department of Defense related transfusions prior to 1992.

The HCV infection is the most com-

mon chronic blood-born infection in the United States. It is four times the size of the AIDS epidemic with almost four million Americans (1.8 percent) infected. Hepatitis C, like Hepatitis B, is spread by infected blood products, shared needles, sexual contact and pregnant mother-to-child (in utero) transmission, but unlike Hepatitis B, there is no vaccine for HCV.

Medical services are available for any individual identified as HCV positive if the mode of HCV appears to be the result of a transfusion in a DOD medical treatment facility. Positive individuals who are no longer DOD healthcare beneficiaries but were beneficiaries at the time the transfusion occurred will be offered testing and initial counseling.

Civilians or others who received blood transfusions prior to 1992 at any other blood bank and are not entitled to military healthcare should consult with their doctor for testing. For details, call the public health office at 363 - 5034.

## Story time...



Photo by Terri Mathis

**Col. Dieter Barnes, 61st Air Base Group commander, reads to children at the Los Angeles Air Force Base Child Development Center during a pajama party book reading Friday.**



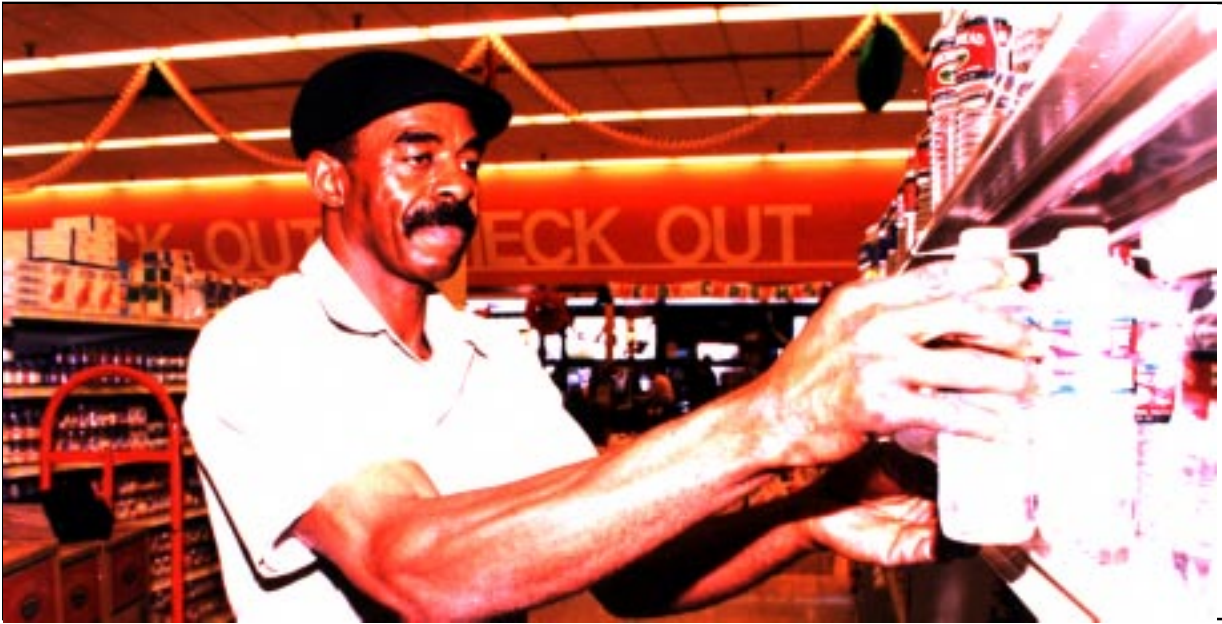


Photo by Senior Airman Shaad Madison  
David Jackson, a base commissary shelf-stocker, restocks bottled water at the commissary.

## Los Angeles Air Force Base Commissary extends goodwill

John Ryan  
Public Affairs Office

The Los Angeles Air Force Base Commissary was honored by the Goodwill Industries of Southern California Sept. 15 at the annual Hope, Jobs and Futures Awards, held at the Paramount Theater. The commissary received an Outstanding Indus-

trial Services Contractor's Award for its contribution in enhancing the quality for life of people who have disabilities and other vocational disadvantages. The commissary's contractor employs people with disabilities to clean and polish floors, restock shelves and discard trash from offices. "They do a good job, and it helps the people become productive, self-sufficient members of the community," said Al Cherry, commissary officer.

## Services sends out customer feedback survey

In today's restrictive budgetary environment Air Force Services commanders and managers are closely evaluating the quality of their programs. With that in mind, Air Force Services has initiated a customer feedback survey to gather information regarding how well Air Force Services is meeting its quality objectives. The Air Force Services customer feedback survey evaluates customer satisfaction with Services' programs and activities and provides managers at all levels with an overall picture of customer satisfaction.

The goal of Services units is to be the customers' preferred choice for community programs. To accomplish this goal, services units need customer input. Customers can provide important information needed to assess how well Services is meeting its objectives. The survey has been reviewed and approved for distribution by the Air Force Personnel Survey Branch at the Air Force Personnel Center. Surveys have been distributed throughout the base. Please take the time to fill out and return the survey. Ask spouses and children for their input in areas which apply to their participation in Services activities. Help Services staffs make a difference in the programs they offer. For more information, call the Services marketing representative, Carlen Capenos, at 363-1593. (Courtesy USAF Services Agency)

# Club's new manager dedicated to improving business

Carlen Capenos  
61st Air Base Group  
Services Marketing Office

Los Angeles Air Force Base has a new club manager since November. Doug Balhorn arrived here following an assignment at Ellsworth Air Force Base, S.D. He comes to The Club with more than 30 years of Air Force Club management experience. When asked about his goals for The

Club, Balhorn said, "The first thing we need to find out is what our members want. We have the results of an Air Force survey coming back in January, and I will sit down and take a hard look at what my members want. Then we bring it to the Club advisory council and prioritize changes to be made. But right now, we are adding some of the Air Force's core menu items to our daily selections. What this means to patrons is an expanded menu." To improve business at The Club, Balhorn's first order of business was to

redo the monthly coupons. Each member now receives more coupons that are good for any purchase, not at specific meal times. Members seem to be very pleased about this, Balhorn said. "Pointing out that, if the member redeems all of his or her coupons each month, their membership only costs \$1 per month. Unless the club member is an E-5 or below, then they actually make a dollar on the deal. How can you beat that?" Also, he is currently working on bringing the CAC back on line. His first

meeting Dec.1 had a low turnout, but he hopes to increase participation. The CAC will be the guiding force of changes being made, he said. Members' satisfaction is Balhorn's priority. When members are satisfied, membership increases. When membership increases, profitability increases, meaning more dollars put directly back into adding value to memberships. Balhorn encourages all members as well as nonmembers to give him your thoughts. You'll find him at The Club from early morning until evening.

Tree trimming...



Photo by Staff Sgt. Greg Turnsek

**Technical Sgt. Eugene Chambers, 61st Air Base Group Chaplain Division, decorates the Fort MacArthur Christmas tree in the quadrangle near the dormitories Dec. 3.**

**The Congressional Awards program is a non-competitive program open to all 14- to 23-year-olds in the United States** regardless of prior achievements, life circumstances, physical or mental abilities. The Congressional Award recognizes young people for achieving individual goals in four program areas: voluntary public services, personal development, physical fitness and expedition and exploration. Bronze, silver and gold medals are presented by United States Senators and members of Congress during local, state and national ceremonies. For more information on the program, or if you are 24 or older and would like to be an advisor, please call Shenethia Carter at 363-8225.

**Due to the new government travel card contract, effective Nov. 30, Services facilities will no longer accept American Express credit cards.** This includes government and personal American Express cards. For more information, call Capt. Kristine Braswell at 363-0430.

**The Club 363-2230**

**Fresh pizzas** can be ordered from The Club. Call The Club to place orders between 8 a.m. and 2 p.m.

**The Club sells tickets** to local area attractions for discounted prices. Tickets are sold at the cashier's cage weekdays from 10 a.m. to 1 p.m. and 2 to 5 p.m.

**The Club caters** promotion parties, retirements, weddings or any other type of celebration. The Club can accommodate 25 to 200 guests. Call The Club for more information.

**Club members can win free turkeys or hams during December.** Put your name and phone number on the back of all club receipts this month and

drop it in the "Turkey Box."

**The Barber Shop in Area A is located in Building 120.** It is open Monday through Friday from 7 a.m. to 2:30 p.m. Club cards are accepted for payment. For more information call 363-1733.

**Vet Clinic 363-8269**

**The veterinarian is scheduled to be at the Fort MacArthur Vet Clinic today and Jan. 8 from 8 a.m. to 4 p.m.** Call 363-8269 to schedule an appointment. Please leave a message on days the clinic is closed. State your name, phone number, animal name and species as well as what kind of appointment is needed. The clinic will call you back with an appointment date and time.

**Youth Services 363-8383**

**A TV taping of "Malibu CA" is Wednesday for kids, 12 to 18.** The sign up deadline is Dec. 21. The trip will accept 30 people. The bus leaves the youth center at 1:15 p.m. and will return at approximately 6:30 p.m. The event is free to members and \$3 for nonmembers.

**A Winter Camp for children, 5 to 12, begins Monday** and continues through Jan. 8 from 6:30 a.m. to 6 p.m. at the youth center. Children have the opportunity to play games, make gifts for the holidays and learn about their world. Breakfast, lunch and an afternoon snack are provided. The cost is based on family income. For rates or more information, call the youth center at 363-8383.

**Kid's Connection celebrates "Soup Day" at the youth center Jan. 4 at 4:30 p.m.** All members present will be served soup. There is no cost for members. Kid's Connection is for children, 9 to 12.

**The youth center celebrates National Hug-Your-Cat Day Jan. 6.** All children attending the Youth Center that day will participate in cat-theme activities.

**Parents' Night Out will be held at the youth center Jan. 8 from 7 to 10 p.m.** Dinner includes spaghetti, salad, garlic bread, punch and oatmeal cookies. This event is open to children, 5 to 12. The cost is \$7 for members and \$10 for nonmembers.

**A trip to the "Parade of Christmas Lights" is today,** and a bus will leave the youth center at 6 p.m. and return at approximately 10 p.m. The cost is \$2 for members and \$5 for nonmembers. There will be a stop at McDonalds after the parade.

**Child Development Center 363-8335**

**The Air Force provides free child development training for people interested in becoming a family child care provider.** For more information, contact the family child care coordinator at 363-8334.

**The Fort MacArthur Child Development Center needs a new president to head up the Parent Advisory Board.** All interested parents should call Delores Lowe or Gloria Aquilera at 363-8335 for details.

**A Holiday-Around-the-World party is today at**

**the El Segundo Child Development Center from 9 a.m. to 12 p.m.** Each classroom will represent a country. Parents are invited to bring in cultural dishes, and children are encouraged to dress to represent their own heritage.

**The Community Center 363-8225**

**The Harbor View Lounge is closed Christmas and New Year's Day.** Regular Friday schedules will resume Jan. 8. For more information, contact Victorian Catering at 831-8630 or the community center at 363-8225.

**The community center hosts a game night Dec. 29 from 6:30 to 8:30 p.m.** in the Harbor View Lounge. The event is free and open to all military identification cardholders, 18 and older, and their guests. Several board games as well as cards are available or bring your own.

**The library hours are Tuesday from 10 a.m. to 2 p.m. and Wednesdays from 3 to 7 p.m.** The volunteer based library is located in the community center and is looking for volunteers to help.

**The community center hosts its annual New Year's Eve Bash Dec. 31 from 8 p.m. to 1 a.m.** The party is open to all military identification cardholders, 18 and older. There will be a champagne toast at midnight and live entertainment throughout the evening. This is a free event put on by "The Victorian," the community center caterer. Heavy hors d'oeuvres will be served. A DJ and karaoke machine will be playing throughout the evening. For more information, contact Victorian Catering at 831-8630 or the community center at 363-8225.

**The Fort MacArthur Community Center has information packets for the annual Air Force photography contest, which ends Jan. 31, 1999.** The contest is open to active-duty military and their family members. Call the community center at 363-8225 for more information on the rules, categories and requirements for submissions.

**A new area is now available for private parties** at the new community center annex, located next to the Fort MacArthur Fitness Center in Building 425. The space will open in the spring for daily use, but is opening early for private functions for the holiday season. Call the community center for reservations.

**Chapel Schedule**

**Roman Catholic**

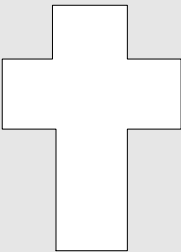
Dec. 24: Christmas Eve Masses are 5:30 and 10 p.m.

Dec. 31: New Year's Eve Mass is 5:30 p.m.

**Protestant**

Dec. 24: Christmas Eve Candlelight Service is 7:30 p.m.

All the above services are at the Fort MacArthur Chapel unless otherwise noted. Call the Chaplain Service division office at 363-1956 for more information.





Serving it up...



Photo by Airman 1st Class Angela Steinhauer

Dormitory residents enjoyed a holiday dinner, including pumpkin pies, Dec. 10. The dinner was sponsored by the base chaplain’s division.

The community center is interested in knowing what TV show tapings people would like to go to. Upcoming tours include Moesha Jan. 7. Call the community center to suggest other tapings.

The picnic area at the base pool can still be reserved. The cost is \$5 per cabana. A refundable cleaning deposit of \$25 is required. Call the community center to make reservations.

Equipment Rental  
363-2190

The December Tickets and Information and Equipment Rental combination special is: Buy a ski lift ticket for Mountain High or Bear Mountain and receive the skis, boots and poles for \$8.

- New ski ticket sales are offered:
- Mountain High Ski Resort is \$27
  - Bear Mountain Ski Resort is \$26
  - Northstar at Tahoe or Sierra at Tahoe is \$39 for adults and \$33 for youths
  - Mammoth Mountain is \$43.
- Tickets should arrive in early December, so call for availability.

The base operates a family campground with 14 hardstand units with hookups for water and electricity. It is open year round and reservations are accepted. The camp is located two miles south of the base between Marine and Rosecrans avenues on Aviation Boulevard. The cost is \$8 per day. Call the Equipment Rental Office to make reservations.

Auto Skills Center  
363-1705

The base’s auto skills center offers a winter preventive maintenance special. The special includes lube, oil and filter change, checks on fluid levels, tires, belts, hoses and antifreeze. The cost is \$18 and is available for most cars. Call 363-1705 for an appointment.

The Area B car wash is open. The price is \$1.50 for a wash and 25 cents for a vacuum. One of the two stalls is convenient for recreational vehicle washing. The car wash is located at Building 214, in front of the auto skills center.

